



Both Trudeaus celebrated
National Aboriginal Day
— in style
metroNEWS & VIEWS



Leafs returning to
Hammonds Plains
for training camp
metroSPORTS

Halifax **metro**



Your essential daily news | WEDNESDAY, JUNE 22, 2016

High 20°C/Low 12°C Cloudy  



HOME STRETCH

Nova Scotia track star vying for Rio — and 'fun' before retirement
metroSPORTS

Olympian Jenna Martin-Evans is looking forward to the Aileen Meagher International Track Classic at Saint Mary's University on Wednesday evening.

JEFF HARPER/METRO

BOOKS

Libraries' best year 'ever, ever'



Haley Ryan
Metro | Halifax

Computers and modern technology are used more than ever, but Haligonians are proving that with big increases in overall visits our libraries aren't going anywhere.

New numbers released from the Halifax Public Libraries (HPL) on Tuesday show that all 14 branches have received a total of 3.6 million visits according to their 2015-16 annual report, which is 24.7 per cent more than last year.

"The modern library is really pleasantly surprising people, which is great," Åsa Kachan, CEO for HPL, said Tuesday about seeing the highest visit and borrowing numbers "ever, ever."

"Central Library is a big piece of that because it's such a large space ... but it definitely has had a ripple effect across our system."

Besides the increase in visits, adult program attendance has gone up 40.5 per cent more than last year, meeting room bookings are up 27.6 per cent, and there are 21,221 new registrants.

Kachan said the stats show that all branches really are hubs of the community.

Although computer bookings are up 24 per cent as well, and all branches now have Chromebooks and iPads for in-house use, there's also been a 10 per cent increase in old-fashioned borrowing with 4,249,305 items loaned in the past year. "Our libraries are relevant to people," Kachan said.

See more coverage in **metroNEWS**



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GT model shown



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GT model shown



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CAR AND DRIVER
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COMPACT CROSSOVERS/SUVS



GT model shown



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metronews

Your essential daily news

The Beckhams join the "remain" side of the Brexit debate. **World**



TRANSIT PILOT

Subsidized bus passes green lit

Halifax regional council passed a bylaw at its Tuesday meeting that will allow a low income bus pass pilot project to move forward.

The project will give 500 Halifaxians who don't already have a bus pass through other social assistance, and who have annual incomes of less than \$33,000, the opportunity to apply for subsidized monthly bus passes for half of the regular fee — \$39 a month for a regular pass.

People can apply starting July 4 in person at HRM service centres like the ones in Scotia Square and on Bayers Road. The criteria, along with a list of those service centres is available on the municipality's website.

The first 500 people who qualify will be part of the pilot, and will get the subsidized passes for six months, beginning this fall.

Coun. Gloria McCluskey worried that the program would exclude those who need it most.

"They wouldn't be able to pay the 50 per cent of the pass," she said during the meeting. "They can't afford food. What happens to them? They're excluded because of that."

ZANE WOODFORD/METRO

\$19.50

Under the city's pilot project, participants will pay only \$19.50 for a subsidized bus pass — half the regular cost of \$39.



CARS ELECTRIC VEHICLES MAKE PIT STOP IN HALIFAX

People check out some of the electric cars that will be part of the 80edays 2016 — ELDURO event that made a stop in Halifax on Tuesday. Fourteen international teams are now racing for the top spot across 25,000 kilometres, 20 countries, and three continents to finish in Barcelona in 80 days or less. Visit metronews.ca for a video from the Halifax stop.

JEFF HARPER/METRO

Honouring Sid the Kid

COUNCIL

City wants to commemorate Crosby with a street or arena



Zane Woodford
Metro | Halifax

\$19.50

ask municipal staff to write a report on whether the Forest Hills Parkway can be renamed to the Sidney Crosby Parkway, but many councilors argued it would be more appropriate to rename Cole Harbour Place after Crosby, rather than the street.

The report will look at options for renaming both streets and

municipal properties like Cole Harbour Place.

While they couldn't agree on what should bear Sid the Kid's name in the end, all councilors were clear that they feel he should be honoured.

"I feel so proud to be able to say Sidney is ours," Coun. Gloria McCluskey said

during the meeting Tuesday.

"He's an ambassador, he's a mentor, he's so much more than just an athlete."

Cole Harbour Coun. Lorelei Nicoll brought the motion forward after Crosby's former coach started the push last week.

She said she's heard feedback from people who don't want to lose the name Forest Hills Parkway, so she's open to anything that will recognize Crosby "in a significant way."

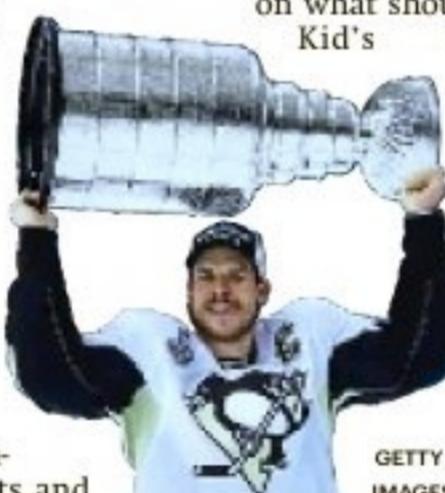
Municipal staff will report back to council on what needs to change to allow for the street renaming.

COUNCIL NOTES

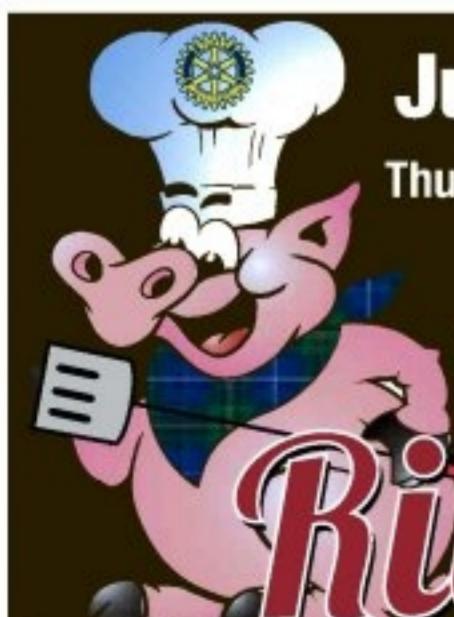
■ Whether you like it or not, if you live on a gravel road in urban or suburban HRM, your road is getting paved, and you'll have to help pay the bill.

■ Federal infrastructure funding wish list approved.

■ City trucks to get side guards next year.



GETTY IMAGES



June 30-July 3

Thurs, Fri & Sat: 11am-11pm
Sun: 11am-7pm

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Numbers don't lie: New library is a page-turner

HALIFAX PUBLIC LIBRARIES

Community locations vital and strong, HPL says

 **Haley Ryan**
Metro | Halifax

The Central Library may have far and away the highest visits, but the head of the Halifax library system said the excitement around that building and new programs means more people are stopping into many branches.

With 1.4 million visits and 805,150 items borrowed, the Central Library takes the top spot amongst the 14 branches in the HRM according to new numbers from the Halifax Public Libraries (HPL) 2015-16 report released Tuesday.

Taking second in both categories is the Keshen Goodman Library with 607,650 items borrowed and 415,457 visits.

Asa Kachan, CEO for HPL, said Tuesday that even in its first year their new program for e-magazines was a success with 71,884 borrowed.

"People are listening and trying it out and they're connecting to us in different ways, so that's exciting," Kachan said.

The rest of the top five branches include Woodlawn with 404,386 items and 313,474 visits; Alderney Gate with 302,845 items and 358,432 visits; and Sackville's 299,148 items and 184,557 visits.

Overall visits are up, Kachan said, adding this year really



Chris Rogers of Teen Services at the Halifax Central Library, stocks a Pride-colour-themed fiction section on the 5th floor on Tuesday. JEFF HARPER/METRO

had a theme of "going beyond the walls."

They are able to now use technology to set up in communities like East and North Preston or Cherry Brook that don't have a branch and can check items in and out for people, Kachan said, as well as consult with the community to see what programs they want.

 **People are listening and trying it out.**
Asa Kachan

People come to their local libraries for technology help, printing things out, homework groups, book clubs, business meetings, or learning languages, Kachan said, but until recently might not have known about the options.

"What Central has done ... is changed the conversation," Kachan said.

"People who hadn't been in a library for a long, long time peeked their head in and they were amazed at how much libraries have evolved. That amazement means ... they'll drop in."

+ VISITS AND ITEMS BORROWED

Other branches by the numbers for 2015-16:

Captain William Spry: 195,618 items, 142,953 visits

Cole Harbour: 192,811 items, 138,312 visits

Tantallon: 185,362 items, 128,111 visits;

Bedford: 172,694 items, 94,755 visits;

Dartmouth North: 131,230 items, 107,719 visits

Halifax North: 122,674 items, 186,995 visits;

Musquodoboit Harbour: 69,020 items, 24,205 visits;

Shatford (Hubbards): 47,309 items, 23,042 visits.

Sheet Harbour: 24,910 items, 20,147 visits.

PORT OF HALIFAX

Stolen vehicles seized

Canadian border services say they've seized three shipments of stolen cars at the Port of Halifax over the last month.

On Tuesday, the Canada Border Services Agency (CBSA) said in a release their officers were working with the Halifax Export Unit on May 26 when they searched a container destined for export containing two vehicles.

After running checks on the cars, the CBSA determined they were stolen.

On June 1, CBSA officers examined two export containers and it was determined that they contained six stolen vehicles.

Following additional searches of two shipments on June 10, the Export Unit seized four more stolen vehicles.

The seized vehicles were later transferred to Halifax Regional Police, who are now continuing the investigation.

HALEY RYAN/METRO

RESCUE

Toddler falls into well but expected to recover

Police say a toddler has been rescued from a well in rural Nova Scotia.

RCMP Cpl. Neil Wentzell says the child fell into the well Tuesday afternoon in Economy, 60 kilometres west of Truro. He says the child has "undetermined injuries," but they are not believed to be life-threatening.

THE CANADIAN PRESS



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If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:
www.autolightclaims.ca

A proposed Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. If approved by the Courts, this Settlement will provide benefits to purchasers of the following "Covered Products":

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules

SilverStar, XtraVision, or Cool Blue sealed beam headlights

SilverStar fog or auxiliary lights

ARE YOU INCLUDED?

You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

WHAT IS THIS CASE ABOUT?

The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. ("Sylvania") misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?

A Settlement Amount of not less than CDN \$1,150,000 (the "Settlement Fund Minimum") and not more than CDN \$1,750,000 (the "Settlement Cap Maximum") is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at www.autolightclaims.ca.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?

Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules	\$12.00	\$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	\$12.00	\$24.00
SilverStar fog or auxiliary lights	\$12.00	\$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued¹, so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant's Compensation shall be reduced on a pro-rata basis.

HOW DO I ASK FOR A PAYMENT?

To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

WHEN SHOULD I MAKE A CLAIM?

Immediately - the Claim Form is already available on the Settlement Website at www.autolightclaims.ca or you can obtain one by contacting the Claims Administrator at 1-855-745-7374. You should act as quickly as possible, ideally you should do so before the date of the Settlement Approval Hearings, which will further extend the deadline. A definite Claim Deadline will be set if and when the Settlement is approved by the Courts. Please consult the Settlement Website for an update of the delays that will be set by the Courts.

WHAT ARE YOUR OPTIONS?

If you are a Class Member, you may (1) send in a Claim Form; (2) object to the settlement; (3) exclude yourself (Opt-Out); or (4) do nothing.

If you don't want to be legally bound by the settlement, you must opt-out. To do so, you must complete and submit an Opt-Out Form to the Claims Administrator. The manner in which you opt-out is available on the form found on the Settlement Website; the delay to do so will

be set by the Courts. Residents of Quebec must in addition give notice to the Clerk of the Superior Court of Quebec. Anyone who opts out cannot object to the Settlement, will not be bound by the Settlement Agreement, and will not be eligible to claim benefits under the Agreement, but may be eligible to pursue an individual claim.

To object to or to make representations regarding this proposed Settlement, you must attend one of the Settlement Approval Hearings. You should also notify the Claims Administrator in writing through the website, by email or by mail at least 15-days before the hearing and provide your reasons summarily.

WHEN AND WHERE WILL THE COURTS DECIDE TO APPROVE THE SETTLEMENT?

The Ontario Superior Court of Justice and the Superior Court of Québec will hold hearings to consider whether to approve the Settlement. Each of the Courts must be satisfied that the Settlement is fair, reasonable and in the best interests of Class Members.

Settlement Approval Hearings have been scheduled as follows:

Ontario Action (for Canadian residents other than Quebec) – August 31, 2016 at 9:30 A.M. at the Courthouse located at 1023 King St., L'Orignal, Ontario.

Quebec Action (for Quebec residents) – August 30, 2016 at 9:15 A.M. at the Montreal Courthouse located at 1 Notre-Dame St. East, Montréal, Québec.

Please check the Settlement Website to confirm these dates, as they are subject to change. You do not have to attend the hearings but you may do so if you wish. However, you must do so if you wish to object or make representations regarding the Settlement.

WHEN WILL I BE PAID?

Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on January 29, 2017, assuming that the Settlement is approved and that such order/judgment has become final and binding.

HOW CAN I GET MORE INFORMATION?

This Notice summarizes the proposed Settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement and detailed information on how to obtain or file a Claim, Opt-Out or Object on the Settlement Website at www.autolightclaims.ca. For any other information, please contact the Claims Administrator at:

Bruneau Group Inc.

Nelson P.O. 20187 – 322 Rideau St., Ottawa, Ontario K1N 5Y5

Tel: 1-855-745-7374 Email: info@autolightclaims.ca

WHO REPRESENTS ME?

Class Counsel, or the law firms representing the Plaintiffs, are the following:

Consumer Law Group P.C.

251 Laurier Ave. West, Suite 900, Ottawa, Ontario K1P 5J6

Email: jorenstein@clg.org

Consumer Law Group Inc.

1030 rue Berri, Suite 102, Montréal, Québec H2L 4C3

Email: agrass@clg.org

The Courts will also consider a request from Class Counsel for counsel fees, disbursements and taxes. Class Counsel has pursued this lawsuit wholly on a contingency basis and has agreed that they would only be paid their legal fees if there was a Settlement or recovery following a successful outcome. They will seek approval from the Courts of \$525,000 plus applicable taxes, which will be paid for from the Settlement Amount. The Plaintiffs will also seek honorarium payments of \$5,000 each.

To remain updated and to find out the deadlines to file a claim or opt-out, please consult the Settlement Website.

This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.

¹ less the withholding owing to the Fonds d'aide aux recours collectifs (for Quebec residents only and if applicable).



Stephen Gregory Tynes was given a six-month peace bond Tuesday. THE CANADIAN PRESS

Peace bond applied

COURT

Dal student could be a risk: Psychiatrist

provincial court on Tuesday.

Tynes was scheduled for a trial earlier in June on charges of uttering threats to cause bodily harm and engaging in threatening conduct, but that turned into a peace bond hearing after the Crown withdrew three of the charges.

Crown prosecutor Eric Taylor said in reviewing the case and witness accounts, it became clear the evidence to support criminal charges wasn't as

strong as initially thought.

Tynes' psychiatrist testified as part of the peace bond hearing that she went to police with her concerns because she felt the daughter of a university official was in imminent danger of being harmed.

Tynes is also charged with unauthorized possession of a prohibited device in relation to an overcapacity cartridge magazine.

A trial on that count is scheduled for Aug. 19. THE CANADIAN PRESS

DIGBY

Assault charge laid in stabbing

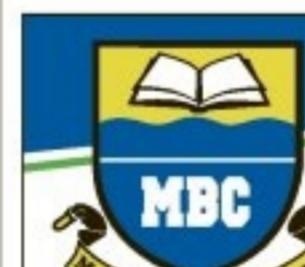
A 21-year-old Nova Scotia man is facing charges of assault with a weapon and breach of probation after allegedly stabbing another man in the arm late Monday night.

The suspect, who is from Meteghan River, was sched-

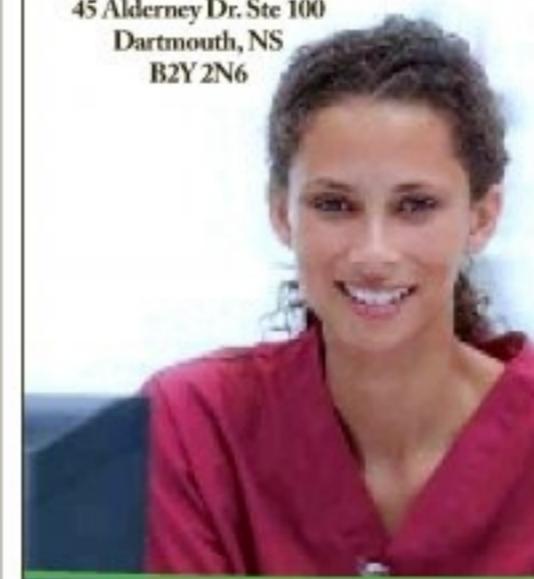
uled to appear in Digby provincial court Tuesday to answer to those charges, according to an RCMP news release.

Officers with Digby, Meteghan and Yarmouth RCMP detachments responded to the 911 call just after midnight.

The 47-year-old man from Church Point who was stabbed was treated by paramedics from Emergency Health Services for "what is believed to be non-life-threatening injuries," according to a news release from police. METRO



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*See O'Regan's on robie for more details. Government 5 star safety rating are part of the National Highway Traffic Safety Assessment Program. EPA estimated.

Trudeau pays tribute to indigenous people

NATIONAL ABORIGINAL DAY

PM bathed in smoke, before paddling in canoe in river

Prime Minister Justin Trudeau was in vintage form Tuesday as he took part in a ceremony marking the 20th annual National Aboriginal Day.

Trudeau attended a sunrise ritual on the shore of the Ottawa River wearing moccasins and a buckskin jacket that the Prime Minister's Office said was owned by his father, the late Pierre Elliott Trudeau.

The former prime minister was known in his younger years for donning buckskin before venturing out on canoeing expeditions in Canada's far north.

As the sun rose beyond a bridge linking Quebec and Ontario, the younger Trudeau was bathed with a ceremonial smoke



Prime Minister Justin Trudeau paddles in a canoe on the Ottawa River after the National Aboriginal Day Sunrise Ceremony in Gatineau, Que., on Tuesday. SEAN KILPATRICK / THE CANADIAN PRESS

as part of a smudging ceremony before paddling beneath the Parliament Buildings in a 10-metre cargo canoe.

The federal government began observing National Aboriginal Day on June 21 two decades ago.

Trudeau didn't speak publicly at the event, but issued a

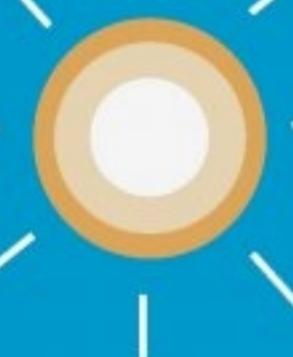
statement in which he encouraged Canadians to learn more about the country's indigenous heritage.

"National Aboriginal Day is first and foremost an occasion to celebrate the fundamental role First Nations, Metis, and Inuit have played — and con-

tinue to play — in shaping the identity of all Canadians," the statement said.

"Coast to coast to coast, their remarkable art and cultures, significant contributions and history, are essential to our sense of nationhood."

THE CANADIAN PRESS



HELP SHAPE A NEW PLACE ON THE HALIFAX WATERFRONT

Our place by the ocean gives the world a reason to know us!

Join us for a project primer and site walk to share your ideas and vision for a new public place. We'll create a place for locals ~ a stage for Nova Scotian small business, art and entertainment.

Maritime Museum of The Atlantic (1675 Lower Water St.)

Wednesday, June 22: 1pm & 6pm

Saturday, June 25: 2pm

Sunday, June 26: 2pm

* All sessions run 90 minutes

What would you
love to see?



Waterfront Development

EMPLOYMENT

Goats get munching

Helen Pike
Metro | Calgary

These aren't country goats, they're city goats — City of Calgary employees in fact.

On Monday, the herd moved into their new urban digs and got straight to work munching locally grown, possibly organic, Canadian Thistle as part of a three-week pilot project. The city will be seeing how the cool kids will work in managing invasive weed species the natural way: by tasting them as a snack and destroying their seeds through their digestive tracts.



This goat is munching on Canadian Thistle. METRO

"We're interested in exploring alternatives to using herbicides, for example, and we're also seeing if they can do some things for the healthy landscape as well," said Chris Manderson, urban conservation lead for Calgary Parks.

ONLINE

Kijiji ad offers baby

Luke Simcoe
Metro | Toronto

Toronto police are investigating after someone posted a Kijiji ad attempting to selling a two-month-old baby boy for \$600.

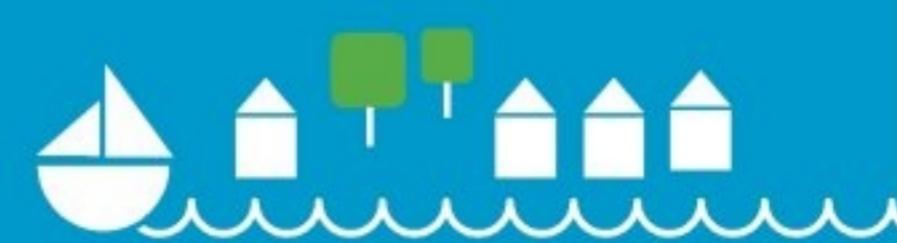
The ad was posted to the classified website Monday but has since been removed. The case is being handled by the police

department's cyber crimes unit.

"There's a high likelihood that this is someone who thinks this is funny, but it's something that needs to be investigated," Const. Craig Brister told Metro on Tuesday.

Screenshots of the ad circulating on social media evoked a strong response from users.

"This has to be a sick joke," wrote an angry Facebook user.



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Beckhams say 'remain'

UNITED KINGDOM

Referendum closing in as Cameron tries to sway voters

From the prime minister to sports and pop icons David and Victoria Beckham, supporters of Britain staying in the European Union urged voters Tuesday to think about future generations when they cast ballots in a referendum that has divided the nation.

With the black door of 10 Downing St. offering a statesman's backdrop, Cameron appealed directly to EU-wary older voters, saying that leaving the bloc would risk the country's economic security — and younger generations would have to live with the consequences.

"Do think about the hopes and dreams of your children and grandchildren," he said. "They can't undo the decision we take," he said. "If we vote out, that's it. It's irreversible."

The plea came as the already heated campaign moved into its tense final days. Opponents



David Beckham is voting for Britain to remain in the EU on Thursday. THE ASSOCIATED PRESS



PM David Cameron is trying to appeal to those considering voting to leave. THE ASSOCIATED PRESS

said the statement outside the prime minister's residence betrayed Cameron's worry that the referendum he called to settle Britain's place in Europe could end with the country walking away from the bloc.

Steve Hilton, a former Cameron adviser who now backs a "leave" vote, said Cameron had been "wheeled out by rather panicky spin doctors" to appeal

for votes.

Cameron seemed to direct his appeal at those who grew up in the after-shadow of Britain's imperial period, in a nation that had stood against Nazi tyranny during World War II. Polls suggest these voters, many of them Conservatives, are more likely than younger Britons to reject the pan-European EU project.

Cameron tried to assure them

that Britain remains a great country — even if it is part of a 28-nation bloc — and that being in the EU allows the country to promote the values it holds dear.

"Brits don't quit," he said. "We get involved, we take a lead. We make a difference. We get things done."

Cameron acknowledged that many Britons didn't vote for him and don't like him.

The "remain" camp also got a boost from more popular — and populist — figures when soccer star David Beckham and his designer wife Victoria added their voices to the EU cause.

"For our children and their children, we should be facing the problems of the world together and not alone," he said.

Former Spice Girl Victoria Beckham later registered her view by posting the symbol of the "Stronger In" campaign on her Instagram page.

The "Leave.EU" group had suggested that Victoria Beckham was a supporter of their side based on a 1996 interview with The Spectator in which she was quoted as deriding Brussels bureaucrats and saying that "we must keep our national individuality." THE ASSOCIATED PRESS

U.S. SENATE

Obama denounces failure of gun deal

President Barack Obama is denouncing the Senate's failure to pass gun control measures in the aftermath of the mass shooting in Orlando, Florida.

Obama says on Twitter that the Senate failed the American people. The White House has said previously that tweets from his account are from Obama himself.

White House spokesman Josh Earnest says the vote is a

"shameful display of cowardice." He told CNN on Tuesday that the Republican-led chamber's blocking of four gun control proposals Monday does nothing to keep extremists from acquiring guns.

Earnest said lawmakers lament gun violence but "don't do anything about it." He said that while no bill can prevent all gun violence, "why wouldn't we do more?" THE ASSOCIATED PRESS

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EXPLORING DOWNTOWN DARTMOUTH

A great place to live, play and work

For Trevor Parsons, the changing demographic of people living in downtown Dartmouth shows up in an unusual way.

"You're seeing a lot of baby strollers parked outside the coffee shops now," said the owner of Innovative Real Estate Ltd.

Parsons has been selling real estate in the area for almost 30 years. His office is on Portland Street and he lives a short walk away on one of the flower streets.

He says one of the biggest reasons people are moving to the area is because of the affordability of housing.

"You can still get a lot more house for the money in the Dartmouth area than you can on the Halifax peninsula," he said.

Parsons says that while a home may sell for as little as \$250,000 in downtown Dartmouth, an equivalent home in north-end Halifax would start at \$300,000.

For people looking for some higher-end housing options, the two prominent ones are the King's Wharf development and The Avery, both mixed-use developments. Parsons says these developments tend to attract empty nesters and renters.

Downtown Dartmouth is experiencing an influx of younger people, which is helping make it an even better place to live.

"They bring a demand for unique restaurants, galleries and that sort of thing," said Parsons.

A man with white hair and glasses, wearing a light-colored suit, white shirt, and patterned tie, stands with his hands on his hips in front of a chalkboard. The chalkboard is framed by a colorful wooden structure and is covered in various handwritten messages in chalk. Some of the visible text includes "I love Dartmouth because", "Dartmouth is life", "Quando noboby stale the chalk", "My Garden is", "Good place", "friends are", "here", "To CHILL", "it's a safe place", "Adrienne", "lives", "here", "GREAT PEOPLE", "DANN DANIEL", "BECOME", "COOL", "the Community", "FACE", "makes you smile", "I love Dartmouth", "What", "PEACE TO", "COUNTRY", "CARS", "CD", "STUDY", "y our with friends", and "TRAINS".

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**"YOU CAN STILL GET A LOT
MORE HOUSE FOR THE
MONEY IN THE DARTMOUTH
AREA THAN YOU CAN ON
THE HALIFAX PENINSULA"**

– Real estate broker Trevor Parsons

Downtown Dartmouth is now a hotspot for these things.

"The opportunities from a recreation standpoint are endless," said Parsons.

Whether it's the trail system around Alderney Landing, the beach at Birch Cove, the many lakes and boat clubs or the Dartmouth Common, living in downtown Dartmouth makes it easy to get outside and be active.

For Councillor Gloria McCluskey, she loves everything about Dartmouth.

"I love the people. I love the fact that it's like a small town where you know so many people. People are so friendly," she said.

The boom in the area hit home for her during Switch Open City, an event held recently where some Dartmouth streets were closed to vehicular traffic and thus gave people and active transportation users the keys to the roadways. The event was filled with people, which made navigating the sidewalks tricky.

McCluskey says it reminded her of when she first moved to Dartmouth more than 65 years ago.

"It was such a great feeling to see Portland Street alive," she said.



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EXPLORING DOWNTOWN DARTMOUTH

Fill your creative boots on Portland Street

A creative boom is happening in downtown Dartmouth, where businesses are joining forces to support each other and also lend a helping hand to aspiring local entrepreneurs.

The newly opened Trainyard General Store is a hybrid retail and creative space where the main focus is to sell things made by Nova Scotians, be it clothing, accessories, toys for children, housewares and paper goods.

"More or less, if it was made or created by Nova Scotians in Nova Scotia, we are interested in it," said co-owner Jason MacDonald.

Located at 53 Portland Street, Trainyard General Store is creating an environment where people can collaborate and connect with their community, as well as the people who are making the things they are buying.

It is going to bring in the people who make the products to teach classes about what they do. There will even be pop-up sales where the makers will be in the store to offer a larger selection of their goods and interact with customers. Stephanie Boutilier will be on hand to show off her original pins and magnets at the first pop up scheduled for July 23.

Just up the street at 104 Portland Street, Bodega Boutique is a fashion retail store for women. About 90 per cent of the products come from Canadian designers and there are some local designers featured as well.

Bodega Boutique just moved into a larger space from its previous location at 20 Wentworth Street. The new space allows the boutique to do a lot more.

"We left about half the store empty to create a fluid pop-up space for young designers and for local designers," said owner Kate Hamilton.

This pop-up space is called the Elizabeth Brown Common Space and the people who use it rent it for a small fee and collect 100 per cent of the sales.

So far, the common space has been used by illustrators, jewellers, clothing designers and screen printers.

Interestingly, a jeweller who was operat-



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ing in the space recently had a bracelet that was a perfect match with a local clothing company's products that sell at Bodega Boutique, so the two parties teamed up and did a photo shoot.

"That's what it's about, creating connections that spark something in our community to make it a little bit better than it was yesterday," said Hamilton.

Friday: Pop-up clothing shop.

Local clothing company Court House Apparel will be setting up shop in the Elizabeth Common Space this Friday, June 24.

"IT'S ABOUT, CREATING CONNECTIONS THAT SPARK SOMETHING IN OUR COMMUNITY TO MAKE IT A LITTLE BIT BETTER"

— Kate Hamilton,
owner of
Bodega Boutique

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Events galore to enjoy in downtown Dartmouth

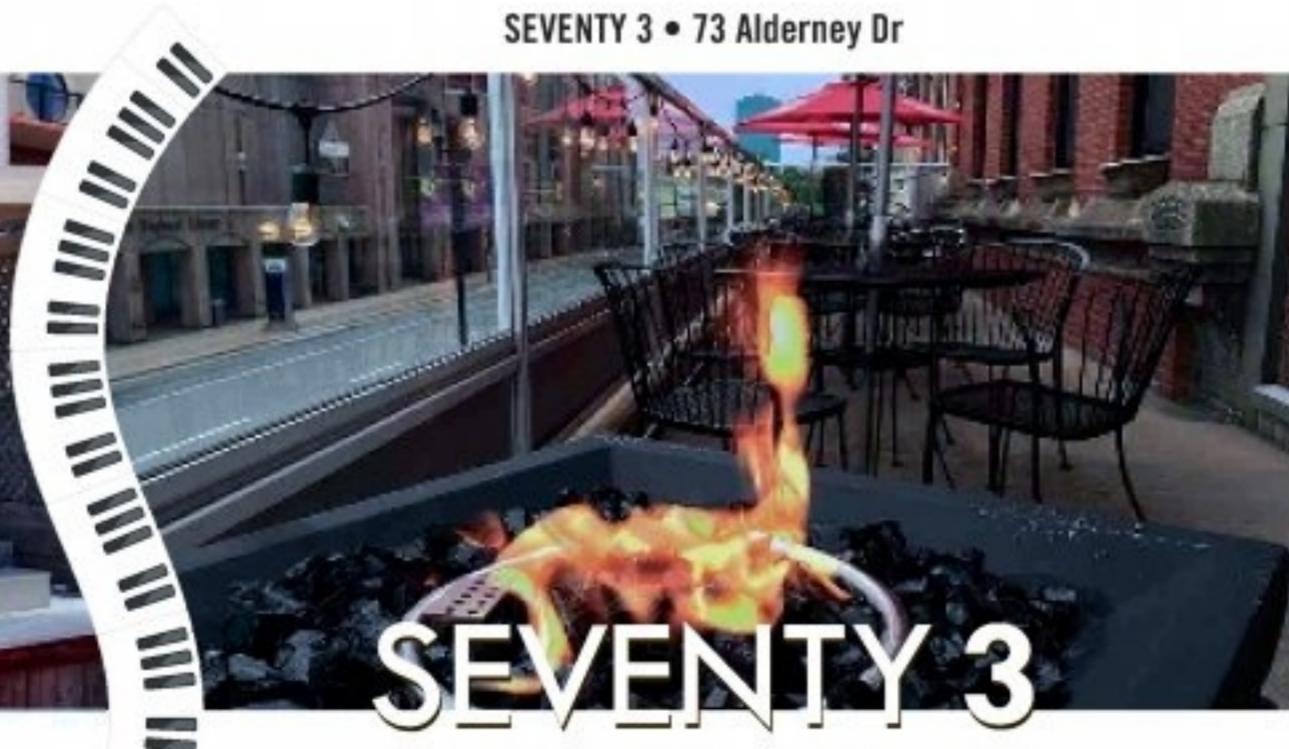


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EXPLORING DOWNTOWN DARTMOUTH

It's going to be an exciting summer in downtown Dartmouth as there'll be lots of great free events taking place, perfect for individuals, couples and the entire family.

The events season kicked off with Switch Open Streets Sundays 2016, which was held on June 5. The popular event closed 2 km of Portland Street and Prince Albert Road to vehicular traffic, thereby allowing people and active transportation users to take them over. This year's event attracted between 5,000 and 6,000 people — nearly doubling last year's attendance. Due to the overwhelming popularity, efforts are being made to plan another event before the fall.

As always, Alderney Landing will be the place to celebrate being Canadian on Canada Day as it hosts the biggest free concert of the year. This year's show will feature Dear Rouge, Born Ruffians, Yukon Blonde, Reeny Smith and Kid Koala.

As part of the Atlantic Film Festival's (AFF) Animated City series, Sullivan's Pond will become the venue for a screening of The Lego Movie on Friday, July 22, thanks to AFF's 30-foot inflatable screen. There will be free popcorn and local vendors will be setting up shop for the showing.

Just two days later, Sullivan's Pond will play host to the Halifax Pride Family Picnic from noon to 2 p.m. The event will feature free refreshments and entertainment.

As part of the Natal Day celebrations, the Dartmouth Kiwanis Club will be putting on the Mother Goose Festival on Saturday, July 30 from 10 a.m. to 1 p.m. at the Dartmouth Ferry Terminal Park. Play and enjoy storytime with your favourite nursery rhyme friends.

The Natal Day parade will be taking place on Monday, Aug. 1. One major change is that this year, the parade will take place entirely in Dartmouth. Check out natalday.org to learn more.

Plus: Regular weekly events

On Thursdays from noon to 3 p.m., the Park Avenue Community Oven will be available for use by the public. Just bring your food and the trained volunteers will guide you in preparing your own culinary delight.

"It's amazing how much better things taste when they're baked in a stone wood-fired oven than the oven in your home," said Crystal Garrett, the communications officer for the Downtown Dartmouth Business Commission.

She says most people bring pizza or bread, but a chef once brought ingredients to whip up some vegetarian enchiladas.

On Sunday afternoons, the Sullivan's Pond Concert Series will feature free music in the park.

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Gloria McCluskey: An 'icon' steps aside

After 23 years of serving as a city councillor and even the mayor of Dartmouth during a four-year term, Gloria McCluskey won't be re-offering in this fall's municipal election. Asked why, she gives a simple reason.

"Because I'm 85," said McCluskey.

With her Energizer bunny-like stamina, it can be easy to forget that detail.

McCluskey has decided to quit while she's ahead, even as people plead for her to stay on for another term.

With her age, she's concerned about what it would be mean for taxpayers if she wasn't able to complete the four-year term. She says a by-election would cost \$170,000.

McCluskey moved to Dartmouth from the Eastern Shore when she was 18. One could argue



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she's since become the face of the community. One thing can't be debated — she certainly is its biggest booster.

McCluskey first ran for city council in Dartmouth in 1985 and in 1992, she became the city's final mayor before the Halifax Regional Municipality was formed. She took a break from politics, but felt compelled to run again in 2004.

"I didn't think Dartmouth was getting its fair share," she said.

When Dartmouth Centre gets a new councillor in the next election, the representative will inherit a district that is brimming with optimism as people and businesses flock to the area.

"Councillor McCluskey is an icon in downtown

Dartmouth. She knows the community. She is a long-time resident and ran a business downtown," said Crystal Garrett, the communications officer for the Downtown Dartmouth Business Commission.

She says McCluskey has always been a strong advocate for downtown Dartmouth's growth and has helped spearhead many important community programs, such as the Park Avenue Community Oven and the skateboard park at the Dartmouth Common. McCluskey even used funds out of her capital fund to pay for 30 skateboards and protective equipment so that

kids who didn't have their own equipment could borrow it.

McCluskey will certainly be missed, and she says she's going to miss everything about the position.

"Anytime I can sit and try to give people encouragement or help them ... it's just my passion for people and wanting to make it a better place to live," she said.

McCluskey is known for sending e-mails at all hours of the night. One side effect of her stepping down will be that she should get more rest.

"If I get five hours, that's a big night," she said.

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EXPLORING DOWNTOWN DARTMOUTH

Dartmouth's independent business shopping destination

The retail scene in downtown Dartmouth is booming and has a lot of diversity. It is close to becoming a self-contained community where residents can pick whatever they need without having to step foot outside of the community.

One of the newest additions to the scene is



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goldsmith Dana Grund, who will be moving from his location on Robie Street in Halifax to King's Wharf. His new location will open on Tuesday, July 5.

"I think it's a good fit. Dartmouth seems to be in an arts and culture renaissance," said

Grund, the owner/operator of Grund Designer Goldsmith.

Grund also happens to be a Dartmouth resident, so he's even going to have a shorter bike ride to work.

At King's Wharf, he'll be surrounded by other businesses such as Italian restaurant Il Trullo, coffee shop Just Us! and a new grocery store. This grocery store will be especially important for the community as it will provide a grocery shopping option downtown.

"DARTMOUTH SEEMS TO BE IN AN ARTS AND CULTURE RENAISSANCE"

— Dana Grund, owner of Grund Designer Goldsmith

"We are gaining a reputation as a destination for independent shops with established retailers being joined by new businesses," said Tim Rissesco, the executive director of the Downtown Dartmouth Business Commission.

He uses the example of Nieforth Furnishers,

which has been in business since 1938, and the presence of other new businesses on Portland Street such as the Trainyard General Store, Kew, Café 98 and Best Kept Secret Bar and Entertainment.

This changing look of downtown Dartmouth has much more in store.

"The district is constantly evolving," said Rissesco.

As an example, he points to the building at 22 Portland Street that formerly housed the Sun Sun Café as a prime example. The building has been gutted.

"Something exciting will be coming to that space," said Rissesco.

Besides the abundance of independent shops, one of the things that makes shopping in downtown Dartmouth so enjoyable is the small-town feel of the community, which is very walkable. This is one of the things Rissesco likes most about the neighbourhood.

"I want to see downtown Dartmouth continue to be home to independent shops and maintain its small-town character that welcomes people from all walks of life," he said.

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Downtown Dartmouth food explosion



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Downtown Dartmouth has become a hot spot for foodies as many new restaurants have opened in the area offering up unique and inspired experiences.

At the Dart Gallery, it's now bringing together food and art under a collaboration with Allan McPherson, who's known for running a pop-up restaurant called Picnic for the past couple of years that operated throughout HRM where he would create themed meals. McPherson did some of these meals at the Dart Gallery, creating multiple-course meals that were inspired by the art exhibits taking place at the gallery.

"He is incredibly talented and really creative. He creates a lot of unique and incredible dishes," said Jane MacDougald, owner of the Dart Gallery.

When space became available next to the gallery, it was a no brainer for MacDougald and McPherson, shown at right, to join forces.

The wall dividing the two spaces was torn down and moveable walls were installed.

"It can be an open space. It can be completely separate and function as two different spaces or it can function as something in the middle," said MacDougald.

Picnic at Dart is located at 127A Portland Street. It opened in mid-June and is open from Tuesday to Sunday.

Over at 62 Ochterloney Street, Battery Park

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— Matt Dunlop, Battery Park Beer Bar front of house manager

Beer Bar has been generating rave reviews since it opened last December.

"We could not have been more blown away and overwhelmed and humbled by the response our customers have given us," said Matt Dunlop, the front of house manager.

The ground level of the establishment serves as a retail space for North Brewing, a perfect spot to grab a growler when you are heading home. There's also equipment on site to produce beer, but that hasn't started yet.

On the second floor is the beer bar and eatery. Battery Park Beer Bar focuses on craft beers and has 15 taps that are constantly being rotated. For the food, the focus is on serving up locally-sourced sharing boards, charcuterie and seafood plates.

Dunlop says more than half of the menu items are gluten free, adding there are also lots of vegetarian options.

He says the food is "very much designed to be picked at over the course of your stay there when you're enjoying all the beers we have to offer."

Enjoy summer on a new patio

Just in time for summer, a new patio has been constructed, making Battery Park Beer Bar a great place to be on a hot summer's day or night.



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Wednesday, June 22, 2016

ROSEMARY WESTWOOD ON HOW TO BE A WIFE

SO NOW WHAT WILL 'I DO'?

I've spent my adult life identifying as an uncompromising feminist, but in preparing for marriage and its innumerable compromises, I'm forced to figure out how to pick my battles

It's a strange thing to be on the brink of "wife."

Over the last two years, as I have fallen in love and become engaged, I've had to face the idea of marriage, an institution which, though released from its former function as a means of owning a woman or legally raping her, remains awkward for the liberated woman.

There seem to be three in this relationship: Myself, my fiancé, and my feminism. And while the latter played a clear and dominating role when I was a single woman, it has seemed unequipped for — even hostile to — love.

That has sparked a genuine period of panic and doubt: How does one square her feminism with "the wife"?

Statistics don't help. Excerpting her new book, *All the Single Ladies*, in New York magazine this spring, Rebecca Traister detailed how married women's earnings in the U.S. trail single women's by a wide margin. In Canada, married men out-earned married women by nearly \$20,000 on average in 2008. And for couples with kids, even when both parents are working, Canadian women in 2010 were spending at least 20 hours a week more than men on unpaid child care.

This is not far from where we were a decade ago. In 2004, in her book *The Meaning of Wife*, the writer Anne Kingston described how wifeliness remained a useful tool to define women, and to shame and coerce them into socially acceptable roles.

"A lot of the themes haven't really changed, in fact they've kind of amplified," Kingston told me recently during a chat for my new podcast, called *Nth Wave*. Among them: The wedding-industrial complex, which sells marriage as a woman's ultimate dream; the battle over women's unpaid and undervalued domestic work; and the denunciation of singleness as innately selfish. Never mind the new era of fetishized kept women. "I couldn't have imagined the *Real Housewives* franchise," she said with a laugh.

Kingston told me that when she was writing the book she was really fascinated by what she saw as a calcified notion of what a wife was. "Women I knew didn't want to become wives, wife was a dirty word, yet at the same time most women became wives and are wives."

Around that time, I was graduating high school and heading to university. I had

been assuming feminism was a dead cause, as I foolishly told one professor. It's a story I think of often, because of how unnervingly little I knew about what I didn't know. My professor was nonplussed, responding with something to the effect of, "Just you wait," and planting doubt. In one political science course, fem-

inist theory took up a thin, measly chapter, and I noticed. In third year, I took a queer studies class that sent me into furious debates with my poor father, whom I forced to be a foil for the epiphanies tossed out in class. I had been that girl who fought boys on other girls' behalf, and I became that woman who took

every chance to fight what I saw as the patriarchy.

In my ensuing years as a single feminist, it was me-against-the-world, and I never noticed how often feminism itself was framed in that hyper-individualized, confrontational way. The message was always to guard against lurking sexism. To expect to not only to fight for your own place in the world, but also to then defend it fiercely. To not give an inch — let alone your whole self.

A marriage, however, can't operate like a war zone. Giving in, even giving up, will be required, because it's a community.

And feminism, particularly the form of it that's ascendant in our society right now, focused as it is on fighting poverty and sexual violence and illuminating the intersections of race and class, doesn't offer much help.

The very word, "wife," as Kingston said during our conversation, still holds that "beta" connotation. And as I set out to become one, what concerns me most is how I might, somewhere down deep, believe in that connotation myself. What does an "equal" marriage even look like? And if the women at



Harvard, and women everywhere really, could enter into relationships expecting equality and then still find that they make less money, do far more chores or end up with half-realized careers — how could I possibly assume I'd escape the same fate?

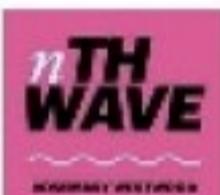
Perhaps I won't. But there are opportunities in intimate life. I can't fix societal expectations. But I can influence the structures of my own marriage.

It's an act of faith and hope I'm willing to take, for love. I believe I can choose my own definition of wife. I can imagine a more egalitarian family.

Others already are. This week, the *Journal of Marriage and Family* released details of a new study that found couples with a "more egalitarian division of labour" have more sex.

Here's hoping equality always feels that good.

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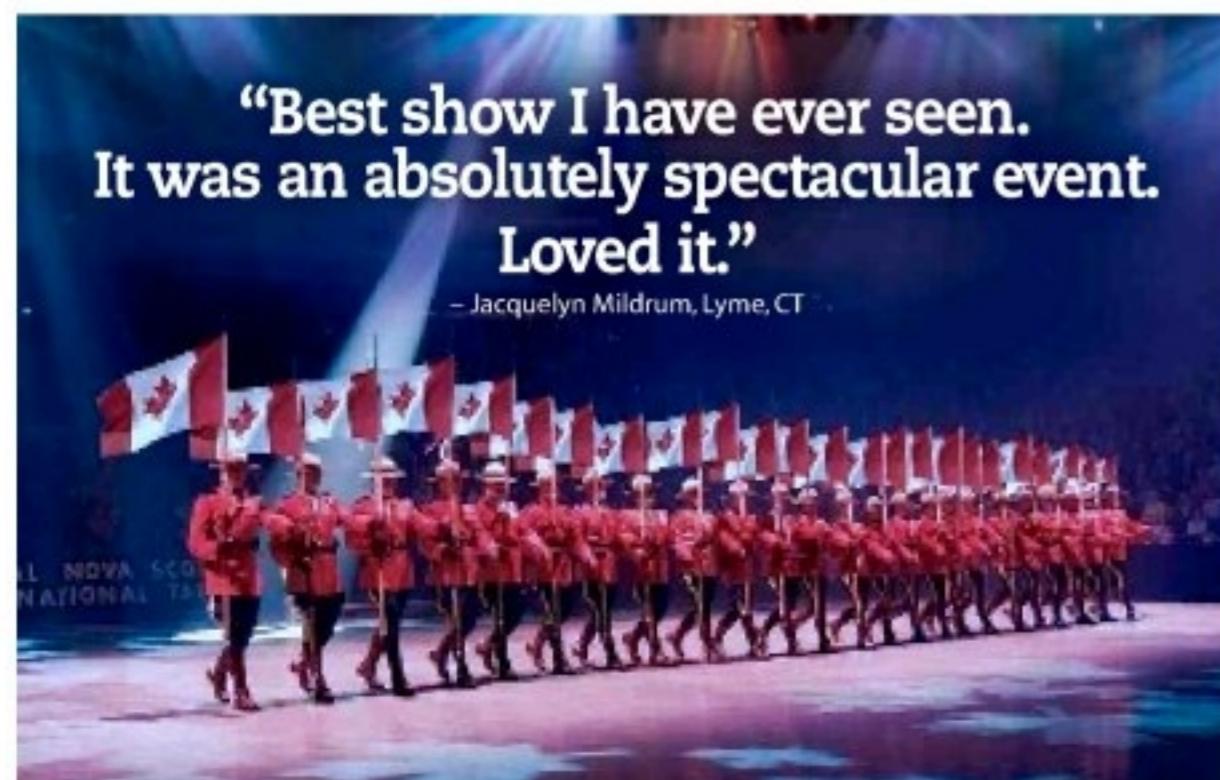
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SHOW YOUR PRIDE TASTE THE RAINBOW

There are more ways to “taste the rainbow” than with a package of vending machine candy. Why not a bagel? Or on the top of a morning latte? Yes, LGBTQ Pride season is in full swing across Canada, with Halifax pride kicking off on July 14, but that doesn’t mean you can’t enjoy these colourful treats all year long. Here are a few to inspire you. TORSTAR NEWS SERVICE

1 Bagels

New York's The Bagel Store unearthed the rainbow food trend this year when it went viral online for the “rainbow bagel.” Owner Scot Rossillo and his team flatten neon-coloured mounds of dough on top of each other, then slice and roll them into bagel circles. Earlier this year, The Bagel Store was selling up to 800 of the brightly coloured bagels each day. Inspired by the success of its fellow bagel maker to the south, Montreal shop REAL Bagel Inc. now serves rainbow bagels, too. And on the west coast, Vancouver's Rosemary Rocksalt is adding colour to its repertoire.



2 Lattes

Caffeinate with some flare and order some rainbow latte art, colourful designs made with food dye added to steamed milk. Stuart Ross of Bull Dog Coffee near Church and Gerrard streets in Toronto has been pouring colourful flowers and hearts since April.



3 Cake

Cake is a Pride staple. Wanda's Pie in the Sky on Augusta Ave. in Toronto will be offering rainbow cakes and cupcakes at its Kensington Market shop. The treats, dressed with sprinkles and covered in a white buttercream frosting or chocolate ganache, have seven layers.



4 Hot dogs

Throw a sausage fest with a dough-wrapped hot dog rainbow. Blogger Beth Jackson Klosterboer with Hungry Happenings covered diced hot dogs in Pillsbury croissant dough sheets brightened with food colouring. She curled the rows into a rainbow shape and put a “pot of gold” dish of mustard at the end.

5 Grilled cheese

Forget bottled food colouring. The chefs at Grill My Cheese in London, England, opt for beetroot, arugula, roasted onion, goat cheese and truffle oil to make their oozy rainbow grilled cheese.

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NUTRITION

New research points to the problem of 'social jetlag'

Genna Buck
Metro Canada

You grab a granola bar on the way out the door, eat a yogurt instead of lunch, then finally tuck into a proper dinner and half a bag of chips after you stumble home at 9 p.m. Sound familiar?

Irregular eating patterns because of busy, unpredictable work and school schedules are a reality for many across the Western world, including Canadians.

They may be causing "social jetlag": disturbances in the internal body clock, also called the circadian rhythm. Many processes your body uses to break down and use energy from food are part of the circadian clock, following a predictable daily cycle.

New research suggests messing with that cycle — by eating and sleeping willy-nilly — could be a recipe for health problems.

Two papers published Tuesday in the journal *Proceedings of the Nutrition Society* collect past studies about how the timing of meals throughout the day affects overall health.

One looked at the impact of erratic eating on heart health and metabolism. The other investigated how the timing of meals impacts people's ability to maintain a healthy weight.



Nana was right: Studies suggest people who eat three square meals a day — a hearty breakfast and a lighter lunch and dinner — are at a lower risk of obesity. iSTOCK

The conclusions were tentative. More research is needed. But the findings boil down to this: Some old-fashioned nutrition wisdom dispensed by grandmas everywhere turns out to be right.

Firstly, three square meals a day might just keep the doctor away. Two studies that randomized participants to either an irregular or regular diet found the regular eaters had lower peak insulin and lower 'bad' cholesterol, indicators of heart health.

Secondly, according to nutrition scientist and study author Gerda Pot, "There seems to be some truth in the saying 'Eat breakfast like a king, lunch like a prince and dinner like a pauper': Studies suggest a clear link between

obesity and consuming more calories later at night.

In the U.K. and U.S. — global obesity hotspots — most people increase their calorie intake through the day.

The slimmer French tend to eat larger lunches and small dinners.

The collected studies also contained no evidence that eating small meals throughout the day, a common dieting tip, reduces obesity. In fact, it seems the opposite is true.

So science says we should eat fewer meals, on a regular schedule, and get more of our calories earlier in the day. Here's a delicious thought: One weapon against the obesity crisis may just be brunch.

THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Kent Jones
Don't Mind
- 5 Classified
Work Away
- 4 Designer
Panda
- 3 Beyoncé
Hold Up
- 2 Drake ft. Rihanna
Too Good
- 1 Shawn Mendes
Treat You Better



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JOHANNA SCHNELLER WHAT I'M WATCHING

Justified's dialogue is a character all its own

THE SHOW: *Justified*, Season 5, Episode 4 on Shomi

THE MOMENT: The conversating

U.S. Deputy Marshal Raylan Givens (Timothy Olyphant) enters the bar owned by his old frenemy, career criminal Boyd Crowder (Walton Goggins). "I'm afraid you caught us with a closed sign up," Boyd says.

"Allow me a moment to collect my wits such to reply," Raylan says. "I'm overcome trying to factor how many weapons you, a felon, are armed with."

"I'm not armed as such," Boyd protests. "Just transporting this legally procured hunting implement from point A to point B."

"We have a more pressing concern," Raylan says. "I understand Wade Messer worked principally for you."

"Your use of the past tense gives me some sense of foreboding," Boyd says.

"The man's wandered some off the radar," Raylan says.

"And what leads you to surmise he has continued affiliation with me?" Boyd asks.

This conversating (as folks 'round here call it) meanders



Raylan Givens (Timothy Olyphant) in *Justified*. CONTRIBUTED

on for some while. Eventually it lands on what Raylan wants, Messer's cellphone number.

On other shows, this scene would be two lines long. But *Justified* comes most deliciously alive when these two are in a room together, circling each other like lazy mountain lions. It's the Olympics of who can drawl more softly, spin prettier prevarications, eyeball each other more calmly.

Nothing establishes *Justified*'s backwoods Kentucky

mise-en-scène better than its dialogue. Right away, you know who its characters are: people who don't read many books but have one in common, the Bible. Their affiliations are tribal, but they speak the language of sermons. Their dialogue is a character all its own.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Side salads

These sides are summer staples — but there's only one you should be packing for your picnic!

PICK THIS

Ziggy's Oil and Vinegar Coleslaw, 1 cup

Calories 220

Fat 7g

Saturated Fat 0.6g

Sodium 560mg



SKIP THIS

Ziggy's Potato & Egg Salad, 1 cup

Calories 400

Fat 24g

Saturated Fat 4g

Sodium 720mg



HERE'S WHY



Equivalent to two Arby's Regular Roast Beef Sandwiches in fat.

These salads are classic pairings for burgers and hot dogs at summer BBQs. As tasty as a creamy potato salad is, it's one to skip — the mayo-based dressing packs on the fat and calories; it also won't last long in the summer heat. When picking a coleslaw, make sure it's in an oil & vinegar-based slaw. This way you're only getting a third of the fat and about half the calories.

Limited edition blue-jean baby



REVIEW

Beetle Denim channels the 1970s

Mike Goetz
For Metro Canada



ing "new" Beetles models out there, at least to these eyes, and to the eyes of my significant other, who is usually ambivalent about any vehicle design, no matter what the vehicle genre or price point. ("That? That costs eighty grand? No thank you.")

Underneath the denim treatment is a standard VW Beetle convertible, and that means a decent, but not an overwhelming driving and handling experience, a pretty tight rear seat, restricted rearward vision, and a very small trunk, which is further compromised by its responsibility to house the back cover that goes over the roof when it's down.

The seats are very comfortable and supportive, and the new touch screen, rear camera, and apps for Android Auto and Apple Car Play, give the Denim a very modern and classy feel behind the wheel.

The new powertrain is also very refined and slick, although some launches came with a nagging dead spot, until the motor and auto transmission figured out what to do.

The Denim is meant to be a fun, and the fun goes up several notches whenever you press the button that powers the roof down — in less than 10 seconds.

When it's that easy and quick to get the roof down and up, you'll surely do more open-air motoring than you would otherwise.

Like jeans, convertibles never seem to go out of style and always put you in a good mood. Put the two together and how can you lose?

THE CHECKLIST | 2016 VW BEETLE DENIM

THE BASICS

Type. Two door, FWD, compact convertible
Engine (hp). 1.8 L turbocharged I4 (170)

Transmission. Six-speed automatic with Tiptronic

Base Price (not including destination). \$29,350



POINTS

- Available in Pure White and Stonewashed Blue Metallic.
- Just 143 allocated in Canada for 2016, and then that's it — no more Denim Convertibles. A limited-edition Denim Sedan arrives in 2017.

The exterior has been tweaked to take you back to that groovy time back in 1970s, when denim ruled every-day fashion, like a casual dictator.

Check out those '70s-era "dog dish" wheels.

All this extra nostalgia plied on a nameplate already rampant with nostalgia could have been a kitschy disaster, but the Denim is one of the best look-

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Georges St-Pierre says he's ready to end his near three-year hiatus from the octagon, though details still need to be ironed out with UFC



Head coach Mike Babcock runs the Maple Leafs through drills during the team's training camp at the BMO Centre in Halifax last September. JEFF HARPER/METRO

SENATORS-MAPLE LEAFS

Halifax scores NHL pre-season game

Halifax hockey fans will have to decide whether to wear red and black or blue and white for an NHL exhibition coming to the Scotiabank Centre this fall.

The Ottawa Senators and Toronto Maple Leafs both released their full 2016-17 schedules Tuesday, which include a pre-season matchup between the two Ontario rivals, set for Sept. 26 at the downtown venue.

The Halifax date marks the first game for both teams' pre-season schedule, with the Leafs set to play eight games in various cities on both sides of the border and the Sens hitting the ice for seven games across the country prior to puck drop on the regular season.

The Leafs will also be spending the first part of their training camp in the Halifax area again this fall.

Before the 2015-16 season started, they spent three days at the BMO Centre in Bedford

to open training camp, while also spending time within the community, including a charity barbecue to benefit KidSport Nova Scotia and a tour of HMCS Fredericton.

This year, however, some players and staff will be absent from at least part of Toronto's stop in Halifax.

The World Cup of Hockey runs Sept. 17 to Oct. 1 in Toronto, and Leafs bench boss Mike Babcock will serve as head coach of Team Canada.

Additionally, Toronto has the first overall selection for the NHL draft, and is likely to pick centre Auston Matthews, who is set to play for Team North America at the World Cup.

KRISTEN LIPSCOMBE/METRO



**Auston
Matthews**
GETTY IMAGES

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'Having fun' on the final lap of her career

TRACK AND FIELD

Bridgewater's Martin-Evans back after tearing Achilles



**Kristen
Lipscombe**
Metro | Halifax

As competitive as she might be, Olympic athlete Jenna Martin-Evans has made her main goal as she reaches the finish line of her track career a simple one: "having fun."

The former national champion from Bridgewater, who overcame a serious Achilles tendon injury to compete for one last season, will be hitting Huskies Stadium turf Wednesday evening for the 2016 Aileen Meagher International Track Classic.

The Halifax meet, which is now in its 23rd season, is the third stop on the 2016 National Track League circuit, and this year marks an important stop for runners on the road to Rio 2016.

"Track has been a love-hate relationship from me," said Martin-Evans, who finished 23rd in the 400 metres at the 2012 Olympic Summer Games in London and snagged gold in the same event at both the 2011 and 2012 national championships. "Especially when the injuries come."

While she was recovering from her Achilles tear, Martin-



Jenna Martin-Evans at last year's Aileen Meagher International Track Classic. JEFF HARPER/METRO

Evans, 28, said she sometimes started thinking she should just hang up her sneakers for good.

"I was taking it so serious," she reflected. "And I was just like, 'I'm not having fun; this sucks.'"

Yet she knew she wanted to complete her track career while still enjoying what she does best.

"We all know how it feels to try and just stay positive," Martin-Evans said of her struggle in recent years to get back on track.

"But really, it's how it's built your character, going through those situations, and overcoming them. Because we know we're going through something. We're not going to stay here, it's through, so (we're) coming out the other side."

If you're not having fun with it, what's the point?

Jenna Martin-Evans

Wednesday's meet starts at 5:15 p.m. with national development events, followed by the opening ceremony at 6:20 p.m. and the international events at 6:30 p.m.

Martin-Evans almost qualified for Rio at a meet last week in Florida, running 52.38 in the 400 metres, missing the mark by a mere 0.18 seconds. The Aileen Meagher event gives her another chance to make it to the Olympics.

"I'm having so much fun with it right," Martin-Evans said of her journey, which after this season may include online school for counselling and coaching, as well as spending more time with husband DeQuin Evans of the Montreal Alouettes.

"Knowing that it is my last year, too, I'm just enjoying the process. So it's been awesome."

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